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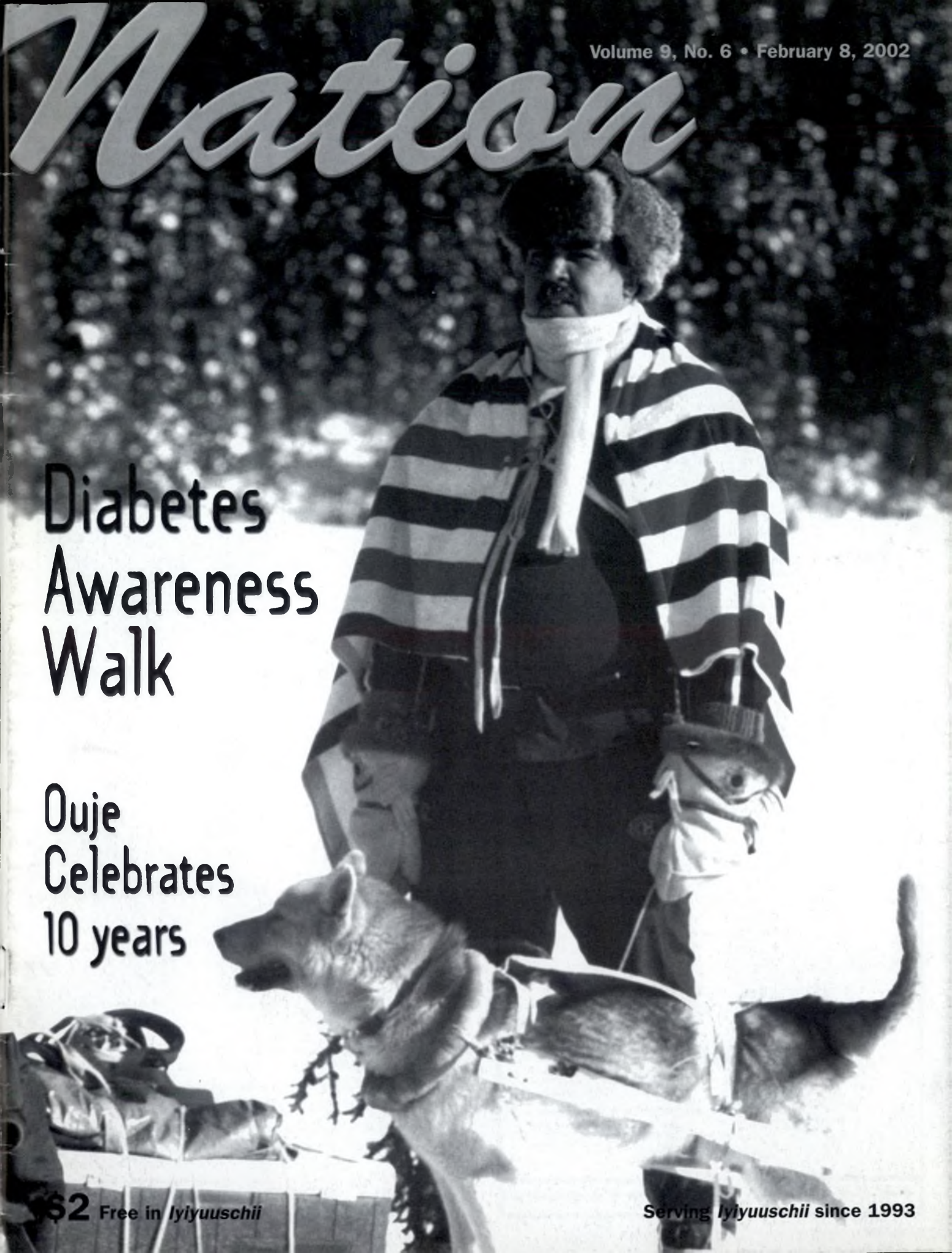
Nation



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the ***Nation***

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the writer

he wrote with
a spear
this partner
of mine
'interesting'
you would
have thought
the readers
would say
but
the lords
of the land
shouted
so loud
unhappily
no body caught
what the readers
did say

CONTENTS

NEWS

5 **Youth conference a no go**
Referendum results

7 **O.J.'s birthday**
Cabinet shuffle

FEATURE

10 **Grandfather Nuutaahchikwaau**
ᑭᒧᖓᑦ ᓄᑖᒃᑯ

16 **Diabetes walk**

21 **Will on the grill**

23 **The Dogs Ear**

UNDER THE NORTHERN SKY

25 **Let's take our time**

ON THE COVER
Walker
Photographer: Will Nicholls
***Cover Design:* Mona Laviolette**

Rez notes

Sonny Orr

Flying on Snow

Not so long ago, we were introduced to the concept of racing with snowmobiles. I remember my aunt entering a race in the late 60's with the venerable Bombardier nine-horsepower putt-about across the river and back against the men, while people scoffed at her and doubted her resolution to race against their husbands and sons. Of course, she came back the winner, which only made the men look sheepish as they trailed behind. Little did they know that she was an expert snowmobiler and adept at handling all that horsepower under any circumstance, with a sled loaded down with firewood or without a load at all.

Many years later, some crazy guy from Poland or Belgium, came up with the idea to race from Quebec City to the far North by snowmobile during the frigid winter months, a feat that was virtually unknown or heard of to the target audience, mainly continental Europe. They decided to call it Hurricana, named after a very complacent and idyllic river (really a large stream) that lolled leisurely through the Abitibi heartland. The intended route went nowhere near the river, however, and this managed to pee off some Abitibians, who felt that the race should at least touch the river. The route was eventually changed, but not for the inaugural Hurricana race.

Many Europeans of different bloods came to tempt fate at the tryouts at Montreal's Olympic Stadium, where a snow course of some sort was made. Many of these Hurricana wannabe racers never had ever seen a snowmobile or even felt temperatures of less than zero degrees! At the first snow rise in the tryouts, many failed to stay on their snow machines and wiped out immediately, thus eliminating their chances of ever bombing down a snow trail at a hundred km per hour.

Alas, many racers had prepared themselves for the cold by spending night after night in walk-in freezers or sleeping in bathtubs full of ice water. I suspect that there were some Polar Bear Club members in the group but who knows, I still say they were crazy, yet adventurous in some way.

When the final day came to race the 1,800 km or so route, many Quebecers qualified for the race, including a women's team from the far northern community of Pirvurnitiuq (or POV to you old-timers). The race was chronicled with live satellite feeds to TV5. The official television coverage reached Europe and Hurricana fever was in full swing.

True to its zany concept, the rookie racers came up with ingenious ways to keep the frigid cold from overcoming their will to survive. One chap decided that the warm exhaust from his snowmobile piped into his tent should keep him warm, and subsequently he was airlifted out by helicopter to the nearest hospital for carbon monoxide poisoning and the deadly Hurricana claimed one of its many unfortunate victims. The only women's team, had the unfortunate fate of crossing a ravine using the railroad track. As footage shows from the official video production, as they dove off at the last possible second before being rammed from behind by the CN train enroute to a northern mining depot. The Hurricana claimed more unfortunate victims as the racers got closer and closer to the end of the trail.

One thing that made a difference about this race and the other Hurricana over the years, is that the first had the racer cover rough terrain and was far away from urban areas. This made the teams have to sleep in tents or outdoors and this gave the media plenty of access to the racers. In the later races, the route was changed to go near the southern communities of Chibougamou, Senneterre, Chapais, etc... where the night could be spent at a comfortable hotel. This peeved many a journalist, as their stars didn't want to be interviewed during their much-needed rest. In a way, making the Hurricana as just another race instead of an adventure for the foolish and crazy, as was with the first race didn't make it a media frenzy. I must add that the second race had to compete with the coverage of the Persian Gulf war and Saddam's insane attempt to raise the price of oil and the world's attention and just about every available television camera was pointed away from the North. Bad timing, I guess.

I just hope that the glamour and prestige of the Hurricana comes back, and again, the North will be recognized as a place to be when you're in need of an unforgettable adventure.

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YOUTH CONFERENCE A BUST - AGAIN

With the consultation process now finished, many youth feel they were never given a fair chance to express their concerns. Two meetings took place but to no avail – the Grand Chief never showed up.

Youth representatives from all nine communities made the long trek to meet with each other in Washgakanish on Jan. 16. The purpose was to voice their thoughts and concerns to Grand Chief Ted Moses and ask their own many questions about the AIP.

Over 150 young people gathered in the school gymnasium. After the meeting had been in progress for half an hour, they received the news that Ted Moses' mother-in-law had passed away. Out of respect, they recessed the meeting and decided to reconvene the following week.

On January 24th, the representatives gathered a second time in Chisasibi, hoping to have their voices heard by the leadership. They called the meeting into session at 10 pm – and waited.

Jean Paul Murdoch arrived out of his own interest and informed Ashley Iserhoff, Youth Grand Chief, that the leadership would be too busy to meet that night or the following day. As a consolation, Jean-Paul volunteered to sit and answer as many questions as he could.

"We've been travelling all day, yet we're still sitting here and we are ready to talk but we've been pushed aside once again," said Pakesso Mukash, Deputy Youth Grand Chief. "I feel totally disrespected. He could have come up here and said 'I'm sorry guys, I can't do this.' He could have showed up himself – but he hasn't. How are we supposed to take this?"

John Brown of Eastmain commented that he did not see any youth sitting with the negotiating group. He asked Ashley Iserhoff if the Grand Council ever invited youth to be a direct part of the process.

Iserhoff stated that the Regional Youth Council did request a youth representative to be appointed but that nothing came of it.

"We not only speak for ourselves, we speak for our kids," stated Stella Bearskin of Chisasibi, "If they can change the schedule for the communities, why can't they make time for us? One day out of 50 years is not too much to ask."

The delegates criticized the schedule the Grand Council has been following. Community consultations were moved because of various delays, yet the February 7th signing date has remained the same. As they understand the agreement, it is supposed to empower the Cree but they have had to fit into the schedule of the Quebec government. The question was raised: who is really in control?

The group asked questions and listened to each other into the night and early morning – without ever seeing the Grand Chief.

The next morning most of the delegates headed home empty handed. Pakesso Mukash and Matthew Iserhoff, however, wanted answers and were not ready to give up.

That afternoon, on January 25th, the Grand Council was listening to and answering the questions of the Chisasibi people. Mukash and Iserhoff took that opportunity to inform the public what had happened the night before and asked Ted Moses for an apology.

"You said we'd play it by ear and you apparently have no ear for the youths' concern," Mukash said to the Grand Chief.

Ted Moses responded that he did not owe the youth an apology. He also stated that he had given the youth an ample amount of time to meet with him and many invitations to provide their input.

Mukash maintains that that was not the case. "I don't think he is planning much of a career in politics because we are the ones coming up and he is blowing us off."

Jackson Thomas

AIP Referendum Results

The AIP has been approved by seven communities so far with only one dissenting. At the time of printing Waskaganish voters were still going to the polls. Whapmagoostui saw 145 people voting yes compared to 86 for the no side. Wemindji yes voters numbered 339 to 44 for the no side. Grand Chief Ted Moses hometown of Eastmain voted 193 to 40 for signing the AIP. Nemaska's yes vote was 142 with 55 voting no. Mistissini seen 904 voting yes with 134 voting no. Ouje-Bougoumou was 143 over 38 for the deal to be signed. Waswanipi saw 261 yes votes with 103 saying no.
Chisasibi was the odd man out with the largest voter turnout so far. It was a close race as Chisasibi residents voted 668 on the no side with 621 voting yes out of 1298 ballots cast.

Landry Shuffles The Deck

Premier Bernard Landry has dealt himself a new hand in the never-ending game of high-stakes political poker. In a move that experts suggest points towards a possible election call, Landry has drawn up a new starting line-up for team PQ.

Landry claimed he was trying strike a balance between experience, expertise and excitement by introducing 13 new faces to cabinet. The move has increased the size of Landry's cabinet to 36 members, much larger than the 22 ministers who served in Bouchard's cabinet. An appointment to the cabinet comes with perks like a limousine, staff and a bodyguard.

While some feel that an election could be called by the fall, others have suggested it might be a year or more before we see one called. Unless an election is called by spring, the PQ will have to get through six by-elections, three must be called by mid-March and three more by the summer as a result of the departure of the three resigning cabinet ministers.

The cabinet shuffle is but the latest big move geared toward placing Landry's imprint on the governing party. The signing of the AIP last October was considered a major move toward solidifying Landry's position as provincial leader. Now, having selected new cards to play with, Landry is hoping to load the deck in his favour.

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Inmet Mining Corporation
Troilus Division
P.O. Box 8700
Chibougamau (Québec)
G8P 3A9

Fax : (514) 521-8376 / (418) 748-3033

Ssshhhh!!! Listen....

We are not hearing ourselves. There is too much noise. Listen. Just for a moment. Listen to the message inside you.

It is unfortunate that things got distorted along the way. And by distorted, I refer to the communication breakdown between us and yes, ourselves too. I believe that the words used amongst us to attempt at communicating with each other (English language) have mislead us in our understanding and respect between us. We have heard each other insult different people, show disrespect (yes we have) and demonstrate total disregard. Nobody really *heard* anyone and so we have hurt each other and ourselves.

The "resistance" that I witness coming from some or many of our people, I believe comes from what their "gut instinct" or intuition is telling them. This, in large part, is due to our very strong connection to the Land. The Land which has sustained us over centuries, the Land which has sustained our forefathers, whom we love dearly. The idea of destroying something we view as sacred (i.e. we were taught to honour a tree, a river, an animal, the air, each other) gives us a signal that says we are destroying what is an inherent part of who we are, of what makes us *us*. If we think about how suicide in our communities has devastated all of us, we can begin to understand how we react strongly to self-destruction. And it is distressful because *no one* has the right to take life away. This is what the people are saying. They are worried about self-destruction or the destruction of our identity, of what gave us life and of what is *alive*.

If we look at the concerns expressed by people and we listened, we would have heard a little voice beyond the words expressed, saying: "Give me something I can relate to." For example, give me hope and tell me that the land is still sacred in your heart. Tell me of the sustainable land which will be set aside and protected so *my soul* can feel at peace. A simple analysis of this statement would lead us to conclude that they are actually saying: "Tell me *I* matter, or tell me *I* am important in your eyes." They need to know they still matter in this chaotic world of ours. Community members who have little or no contact with the world look at it from outside and do not feel a part of it and yet are still affected by the rapid changes. They are dealing with the *unknown*, what they cannot relate to. Fear will undermine great endeavours and dominate us and trust is hard earned in today's realities. Let not technicalities but your spirit guide you. It matters not what we did but what we do about it is important. Wherever we are and wherever we go, we will always be us because we *are* strong. I know this. Just look at our past. The answer is within every one of us, *if* we listen.

Peace,

Kathy Shecapio
From the Land
Working from the City
For us

Happy Birthday Ouje-Bougoumou

Ouje-Bougoumou has just celebrated its tenth anniversary. The model community on the shores of Lac Opemisca marked the occasion with a week-long series of events and festivities that ran from Jan. 20-27.

Though not even a teenager yet, Ouje-Bougoumou has already established an impressive list of achievements during its brief lifetime. In 1995, as the United Nations celebrated its 50th anniversary, O-J was honoured by the U.N. with one of the We The Peoples: 50 Communities Awards. The award was given to O-J in the category of Human Settlements for efforts in the construction of a new village. Then-chief Abel Bosum traveled to New York to receive the honour.

Ouje-Bougoumou also received the Habitat II: Best Practices Award, presented by the Together Foundation and the United Nations Centre for Human Settlements (UNCHS). First presented at the United Nations Habitat II City Summit in 1996, the successful entries "play an important role in identifying ways in which shared solutions can address issues such as poverty, access to land and clean water, population, shelter, and transportation."

Among other accolades it has received over the years, O-J was also invited to have an exhibit at the world's fair Expo 2000, in Hannover, Germany. The International Advisory Board to Expo 2000 thought that O-J best exemplified the objectives of the fair by managing a delicate balance of mankind, nature and technology.

And so it is that the youngest of the Cree communities has so much to celebrate in so short a period of time. But not all of the proud residents of O-J were in a party mood. Environmental officer Joseph Shecapio-Blacksmith finds little to laugh at in his home community these days. "I didn't attend any of this," Shecapio-Blacksmith said in reference to the birthday celebrations. "It's all a political game. They are manipulating the people of Ouje-Bougoumou."

Shecapio-Blacksmith has good reason to feel the way he does. He's been trying in vain to get the ball rolling on the toxic crisis that threatens his community. Since the story came out last October, little has been done in the way of action, though much has been promised. The dedicated environmental officer has stuck to his guns, even though he's been getting little or no support from the Cree leadership.

Feeling like a marked man these days for trying to do what he thinks is right, Joseph Shecapio-Blacksmith can't help but feel dismay at seeing nobody show up in town to get to work on a toxic clean-up that could save lives, but everyone showing up when there's an opportunity to make feel-good speeches.

by Brian Zelnicker

AIP Ministers Step Down

by Brian Zelnicker

The two PQ cabinet ministers whose signatures accompanied Premier Bernard Landry's on the Agreement-in-principle have resigned. Jacques Brassard and Guy Chevrette stepped down the day before Premier Landry's cabinet shuffle Jan. 30. David Cliche, MNA for Vimont and minister for research, science and technology also resigned a day before the swearing-in of the new cabinet.

Brassard, 61, and Chevrette, 62, are PQ party veterans who were both initially elected in 1976 when Rene Levesque first swept into power. Brassard and Chevrette have each put in 25 years service, having both been re-elected in 1981, 1985, 1989, 1994 and 1998.The two ministers were at the table in Quebec City, Oct. 23, when the AIP was signed between the Quebec government and Cree leaders.

Until resigning, Brassard had held the posts of minister of natural resources, government house leader, minister responsible for electoral reform and minister responsible for the Saguenay-Lac-Saint-Jean and North Shore regions. Landry had informed Brassard that his new duties would be reduced to house leader and electoral reform.

Chevrette, MNA for Joliette, served as minister of transport, minister delegate of native affairs, minister responsible for electoral reform, minister responsible for parks and nature, and minister responsible for the Lanaudiere and northern Quebec regions. Chevrette's responsibilities would have been reduced to native affairs.

Cliche, 49, had been told by Landry that his services were no longer needed. Like Brassard and Chevrette, he too gave up his seat as an MNA as well as stepping down from the cabinet. Brassard and Chevrette could have hung on in their reduced roles and collected all the benefits that came with their positions, but the insult proved too great for the proud party veterans. They won't be forced to eat in soup kitchens, however, as both are up for pensions in the neighbourhood of $100,000 annually.

Conseil Cri de la santé et des services sociaux de la Baie James
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To find out more about the Challenge, check the Rules section and the FAQ section on our web site www.defitabac.qc.ca

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Phone 1-514-272-3077 and ask for Will.
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Who let the dogs out????

Makavik did!!!

The second edition of the annual Ivakkak dog sled race is happening this February 4. Ivakkak means running at a comfortable speed. Most of the racers will be running beside the sleds in order to go faster.The race is helping to revive the tradition of dog sledding in the Inuit style. People are hoping that it promote the return of the pure bred Inuit Husky dogs. In fact according to Lisa Koperqualuk no other types of dogs are allowed in this race. All racers must use the traditional fan stle formation for harnessing their dogs.

The first race was "very exciting" for the Inuit people said Koperqualuk. "It's a popular event," she said

Eleven teams will be participating in this grueling 400 kilometre race which ends on February 11. The ages of race team members are from 18 and 60 and come from five Nunaik communities. The race will be along the Ungave coast starting from Kuujjuaq and ending in Quartaq. At the end of the race there will be a feast and a celebration. The grand prize is $3500 and a skidoo. Other race prizes range from $500 to $2500.

Last year's race on the Hudson Bay was from Umiujaq to Puvirnituq.

Makavik Organizers say that the race provides a chance for Elders and youth to be a part of the proud tradition of dogsledding. This is an adventure for all participating. One that they will not soon forget.

The main sponsers are Air Inuit, the Federation of Northern Quebec Co-ops and Pat's Parts.

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Marcel Martin or Philip Kropveld
at École Luke Mettaweskum School

Sabtuan Cree Adult Education Mistissini, Quebec

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Grandfather Nuutaahchikwaau

Told by Sandy Masty

I'll talk about my grandfather, my mother's father. My mother used to tell stories which my grandfather told. This story happened before my mother was born. My grandfather was married twice. His first wife wasn't my mother's mother. My mother's mother was the second wife of Nuutaahchikwaau. This is the story of when he was with his first wife.

North of Whapmagoostui, there is an inland lake which has seals. That lake is called Aahchikunipii. This was the area where my grandparents were during the summer. It was the time when the berries were ripening. I saw that lake where the seals are and I participated in the eating of the inland seal also. There are some inlets, sandy coves and little gulfs around that lake. Sometimes, the women accompanied their husbands when the men went hunting. The two of them paddled around in search of game. My grandmother accompanied my grandfather and they paddled around.

As they paddled around, they reached a little gulf. The opening of which was very small. They paddled into the gulf. My grandfather said, "Let's beach our canoe here. I'll go up the hill and look around for game with my telescope. You can pick berries

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ᓂᒍᓄᑦ ᖃ ᑎᐸᑎᑎᐦ. ᐊᐅᐣ ᓂᑲᐧᐃ ᐅᐢᑕᐧᐃᐢ. ᐊᐅᐣ ᖃ ᑎᐸᑎᑎᐦ. ᑲᑎ ᑎᐸᑎᒍᐊᑦ ᐊᓂᔭ ᓂᑲᐧᐃ ᐊᓂᔭ ᑲ ᐃᑕᑎᒍᔨᐦᐢ ᐊᓂᔭᐢ ᐊᐅᐣ ᓂᒍᓄᑦ. ᐊᔨᖃᐦ ᐊᓂᔭ ᐊᓐᐣ ᓂᒥ ᐅᐢᑎ ᐃᐢᑕᖃᐦ ᓂᑲᐧᐃ. ᓂᒍᓄᑦ ᐊᐢ, ᓂᓴᐣ ᑎ ᐃᐅᔨᖃᐦ. ᐊᓂᔭ ᒪᐦ ᓂᓐᑎᑦ ᑲ ᐃᐅᑦ ᐃᓐᑲᐣᐢ, ᓂᒥᔭᐣᐢ ᑲ ᐅᑲᐧᐃᑦ ᓂᑲᐧᐃ. ᐊᓂᔭᐢ ᒪᐢ ᑲ ᐃᐅᑦ ᓂᒍᓄᑦ ᑐᑕᐢᑲᐧᐃ, ᐊᔨᔪᐢ ᑲ ᐅᑲᐧᐃᑦ ᐃᔭᐣ ᓂᑲᐧᐃ. ᐊᓂᔭ ᒪᐦ ᓂᓐᑎᑦ ᑲ ᐃᐅᑦ ᐊᐢ ᓂᒍᓄᑦ, ᐊᔨᐣ ᐊᓂᔭ ᒪᐦᑲ. ᐊᐣ ᐊᓂᔭ ᒪᐦ ᑲᑎ ᑎᐸᑎᒍᓐᑐᔨᒥᑦ ᓂᑲᐧᐃ ᑲ ᐃᑕᑎᑎᐢᐦ ᐊᓂᔭᐢ ᐅᑕᐧᐃᐢ.

ᐅᑕ ᐊᑎᒪᐱᓂᔪ, ᐊᔪᑕ ᐊᐅᓂᔨᑲᒃ. ᐅᑎ ᐊᐱᒪᔪᓐᑐᐦ, ᐅᑕ ᒪᐦ ᐊᐢᓭ ᐊᑎᒪᐱᓂᔪ. ᐊᐢ ᐅᑕ ᐊᐢᓭ ᐊᑎᒪᐱᓂᔪ, ᐊᐢᐣ ᐊᐢ ᐊᓂᑕ ᐊ ᐃᐢᑕᑦ ᓴᑭᐢᐃᑭᐢᐦ ᐊᓂᑕ ᓄᐢᑎᑎᐦ. ᐊᔪᑕ ᒪᐦ ᐊᓂᑕ ᑯ ᐊᑎ ᐃᐢᑕᒪᓂᑯ ᐊ ᓂᐱᓂᔨᐦ. ᐊᐢ ᐊᔪᑕ ᒍᐦ ᑲ ᐃᐢᐱᒪᐦ ᐊᐱᐊᓂᑯ ᑲᑭᐢᐃᑭᐢᐦ. ᐊᔪᑕ ᒪᐦ ᐊᓂᑕ ᐊᐅᓂᔨᑲᒃ ᑲ ᐊᑎ ᐃᐢᑕᔨᐦᐢ, ᐊᐢᑎᔪᓂᐱ ᐊ ᐃᓂᓂᑕᑭᓄᓴᐦ. ᐊᐢ ᓂᑯ ᐊᐱᐢᑕᑦ ᑭᑲ ᐊᓂᑕ, ᐊᐅᐣ ᐊᐢ ᐊᐢᑎᐣ ᐊ ᐃᐢᑕᑦ. ᐊᐢ ᑭᑲ ᓂᑯ ᐃᑎᐢᐃᐊᐢ ᐊ ᒧᐊᑭᓄᑦ ᐊᐢ ᐊᐢᑎᐣ. ᓂᑯ ᐊᐱᒪᒼ ᒪᐢ ᐊ ᓂᐱᐢᑕᑭᓄᑦ. ᐊᔪᑕ ᒪᐦ ᐊᓂᑕ ᐊ ᐃᓂᓂᔪᓄᑦ,

around here. I'll come back in the evening. Wait for me here at our canoe." My grandfather left. He climbed one of the big hills and scoped around for game. He didn't mention seeing any game. He headed back for his canoe late in the afternoon. He didn't want to be late since they were going to paddle home.

He had already been walking for a long time. Suddenly he heard someone or something running towards him. He looked over and saw that it was an Inuit woman who had turned cannibalistic. My grandfather began running. He ran to the area where he thought his wife would be. He couldn't stop running. He knew that the cannibal was getting closer. She probably ran swiftly. He couldn't stop to take a breath. He didn't want to shoot her either. He simply wanted to get away from her. After running for a long time, he was getting exhausted.

Then he thought of calling out to his wife. If he called out, his wife could probably hear him if she was at the canoe. But he wasn't sure if his wife was at the canoe yet. As he ran, he called out, "If you can hear me, push our canoe out into the water! I'm being chased!" He called out several times.

Luckily, his wife was already at the canoe. My grandmother heard him calling out to her. Long ago, the women were very strong and in good health. She pushed the canoe into the water. She boarded the canoe and waited in the water. She made it so that her husband would just kick the canoe and jump in and they would start paddling. She also put his paddle at a handy place so he could start paddling right away. As she sat in the canoe waiting, she saw her husband running from the forest towards the shore. He ran into the canoe and kicked the canoe out. Their canoe was already in the water. They started paddling.

My grandmother used to say, "The Inuit woman had almost reached your grandfather." As they paddled a little ways from shore, the cannibal came running down towards the shore. But they were out of reach now. The two of them paddled towards the little opening of the gulf to get out into the big lake. The cannibal ran along the shore towards the mouth of the gulf also.

My grandmother used to say, "The ulu in her hand was shining in the sun as she ran. She was also half-naked. She was running

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Cree Board of Health and Social Services of James Bay

POSITION AVAILABLE

HEALTH PROMOTION OFFICER – SCHOOL PROGRAM & YOUTH
PUBLIC HEALTH DEPARTMENT (based in CHISASIBI)

Reporting to the Promotion and Prevention Coordinator and member of the Promotion-Prevention Unit of the Public Health Department, the Health Promotion Officer is responsible for planning and implementing health promotion activities aimed to promote healthy lifestyle among youth, and achieving the development and implementation of the school health program in Eeyou Istchee.

Specific duties of the Health Promotion Officer

- Learns about effective strategies to promote healthy lifestyle and disease prevention among youth.
- In collaboration with the appropriate partners, plans regional activities for the Public Health department, implements these activities and provides report to the Promotion and Prevention Advisor.
- Works closely with the Cree School Board and the Youth Councils in implementing activities aimed to improve Youth health.
- Contribute to other prevention programs deemed to be priority issues for the Public Health Department.
- Acts as a resource person for the Cree communities on health promotion matters and support local self- sufficiency in the area of health promotion.
- Works in collaboration with the Public Health Department members, the CBHSSJB, the Cree Nations, the Youth Councils and other entities.

Qualifications

- Pertinent post-secondary education (communications, education, nursing, anthropology, social work or public health).
- Experience (skills) in health promotion or community-based activities: health education, media, social work, social marketing, and community development.
- Knowledge of Cree school Board, teachers and understanding of Youth psychology.
- Strong organizational and inter-personal skills, and excellent communications skills.
- Bilingual: Cree and English, French is an asset.
- Availability to travel to the communities as needed.

The persons interested are asked to forward their résumé before **FEBRUARY 13TH, 2002** to:

Dolores Audet-Washipabano, Recruiting agent
Cree Board of Health and Social Services of James Bay
P.O. Box 250
Chisasibi, Quebec J0M 1E0

Phone: (819) 855-2844 or fax: (819) 855-2680
E-mail: daudet@ssss.gouv.qc.ca

JOB OPPORTUNITY

POSITION: RECEPTIONIST
REFERENCE NUMBER: 15-30-012-10/01
LOCATION: LAVAL

The Cree Construction & Development Company Ltd (CCDC) is presently seeking a Receptionist for its office in Laval.

Under the authority of the Financial Accounting Analyst, the receptionist receives and directs all incoming calls, does the regular upkeep of the telephone system, opens internal mail, sorts, stamps and distributes mail, prepares couriers, does maintenance of stamp machine, prepares deposits, enters daily journal entries in the computerized system, files purchase orders and requisitions, keeps some electronic cost charts and performs unforeseen tasks required by the administrative sector.

Employment Requirements:

- Secretarial diploma or in a related field or have equivalent professional experience;
- Experience in a similar position;
- Appropriate computer skills (Excel-Word-Access-accounting or payroll programs) is a definite asset;
- Must speak, read and write in English and French;
- Knowledge of the Cree language is a definite asset;
- Must have a basic knowledge of accounting.

The company offers complete benefit programs and the salary will commensurate with qualifications and experience. This position is available to both men and women.

APPLICATION DEADLINE: February 28, 2002

You can either fax your resume to the following number or mail to:

Robert Baribeau-Human Resources Advisor
The Cree Construction and Development Company Ltd.
187-B Main Street P.O. Box Office 1011
Mistissini, Quebec
G0W 1C0

Fax: 418-923-2050

Please write the reference number on your application

towards the mouth of the gulf and she was going to block our escape. She ran very fast. Your grandfather knew that she was going to block our escape. He grabbed his gun and pulled off the sheath. He raised his gun in the air and called out, 'You better not do touch us. I'll be sure to shoot you if you jump on us.' It seemed as though she understood. She crouched down in front of a huge rock, which sat near the mouth of the gulf. We paddled passed her and she didn't move. I guess she knew to fear the gun."

Both my grandparents used to tell this story. They managed to get away from her. All my grandfather had to do was show his gun. They paddled out into the big lake. Fortunately, there was no wind and they headed straight for the open water. This was how they managed to lose her.

"As soon as we got out into the open water, she must've got up from her crouched position. We could hear her screaming from the place were we paddled off from." They were able to get away from her. This is the story told about my grandfather. This was his first frightening experience of being chased by the Inuit cannibal woman. From what my mother told me about Grandfather Nuutaahchikwaau, it would take me a long time to tell all the stories about him. He had many terrifying encounters but it was said that he was very brave.

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Over 45,000
Canadians die each year
from smoking.

That's more than 45,000 reasons to get tough on tobacco.

45,000 Canadians. That's five times the number of people who die from car accidents, murder, suicides and alcohol abuse combined.

What's even more tragic is every tobacco-related sickness and death could have been prevented. Smoking is Canada's #1 preventable health problem.

Over 45,000 deaths a year is unacceptable. It has to stop.

The Government of Canada is taking strong action to address Canada's #1 preventable public health problem. Over the next five years, we will invest $530 million to reduce smoking in Canada.

Health Canada has a simple, three-part plan:

- Keep young Canadians from starting
- Help more smokers quit
- Raise awareness of the dangers of second-hand smoke

Our plan goes beyond just providing information. It offers real solutions. For real results. And whether you smoke or not, you can be part of the solution.

To find out more, contact:
1 800 O-Canada (1 800 622-6232)
TTY/TDD: 1 800 465-7735
www.gosmokefree.ca

Cigarettes. We can live without them.

Health Canada Santé Canada

Canada

Walk'n and Talk'n bout diabetes

Interview by Will Nicholls

Little did I know when I arrived in Mistissini that the walk across Eeyou Istchee to raise awareness about diabetes would be arriving during my stay. It was a pleasant surprise as I had heard about the possibility of this walk in the summer. At that time it was only a dream of Soloman Awashish. Awashish knew the numbers of Crees coming down with diabetes was dangerously high and he wanted to do something about it.

His bosses at the Cree Health Board agreed with him and decided to let him go ahead with his idea. The reality though was overwhelming as 42 walkers started the trip from Waswanipi, went through Ouje-Bougoumou and arrived in Mistissini. This in a sense though is only a small part of the trip as the walkers will continue on visiting all nine communities and end up in Chisasibi. When they finish in March they will have completed the longest walk yet. We wish them all the best and will bring updates and photos as the trip progresses.

The Nation: When I last talked to you in the summer this walk was only a dream. How does it feel to see a dream become a reality?

Soloman Awashish: I'm overwhelmed. I'm thrilled. I'm excited at how far we've gone. We started in Waswanipi and here we are in Mistissini. We're coming along great.

Are you getting the message out about diabetes?
I think we are getting the message out. By the time our walk is finished we want everyone to be sick and tired about hearing about diabetes. Hopefully they'll do something about it.

I know you have some people on the walk with diabetes and others have friends or relatives with diabetes?

Yes, we're all affected by diabetes. Every single person in Eeyou Istchee knows of someone who has diabetes. I think it's more than an epidemic in the Cree territory. The Quebec government in January announced that diabetes was an epidemic in Quebec with a three per cent rate. In the Cree territory we Crees are at 17 and close to 18 per cent. I think you call that a pandemic.

It's more than what Quebec considers an epidemic?

Yes, and we've been suffering like this for the past ten years at least. For Crees we have take matters in our hands and heal ourselves.

What's your words of advice for those dealing with diabetes or wishing to prevent it?

Exercise. That's the key word. We have to eat more traditional food but not so you get large. Too much of anything is not good for you. Don't eat the whole goose but have a piece. Don't eat any poutine.
The most important thing is to learn about diabetes. What causes it and what is it. How can you get it and how you can prevent it.
The other thing we want to tell people is to get tested for it. It is possible to have diabetes and not know it for five to ten years by the time symptoms set in.

What is the test like?

Well there are certain protocols. The simplest one is where they prick one of your fingers. A small sample gives a blood sugar reading instantly and that'll tell you whether or not you need more testing. It's pretty accurate.
After that if they feel your sugar level is too high then they'll take a blood sample. They'll give an appointment to come back. In this test you have to fast for 12 hours before it. This includes no liquids and snacks.
We recommend that everyone gets tested as it is the only way to know if you have diabetes or not.

Group Leader Freddy Jolly: I'm the leader of this group. There's 42 of us all together from when we started from Waswanipi to arrive here in Mistissini.

How's the Walk going?

It's hard. Some people have had problems with their knees and some have blisters on their feet. Then there's the cold to deal with.
When we first started the walk we traveled very slowly. Then

Cree Board of Health and
Social Services of James Bay

(4) VACANT POSITIONS

HOME CARE NURSE

(Chisasibi - Mistissini- Waswanipi- Waskaganish)

DUTIES:

A person who assumes the responsibility of an aggregate of nursing care according to the needs of the beneficiaries entrusted to him/her. Collaborates with nursing team in place to mainly provide services to the clientele within the framework of the 'Cree Home and Community Care program. He/she evaluates clientele along with community worker. He/she plans, carries out and evaluates nursing care and cooperates in the administration of preventive, diagnostic and therapeutic care. Moreover, he/she takes part in training activities aimed at promoting health and preventing illness. He/she will take part in a multi-disciplinary team within the Cree Home and Community Care Program. Other tasks in community health and other relevant duties according to the needs of different clienteles will complete the working schedule.

SPECIFIC CONDITIONS AND QUALIFICATIONS:

- Member of l'O.I.I.Q. (F.I.I.Q.)
- Bachelor in Nursing Sciences or equivalent or Certificate in Community Health
- 3 years experience in different sectors: obstetrics, paediatrics, medicine, surgery, psychiatry
- Ability to work within a multi-disciplinary team
- Interest in providing home care services
- Bilingual (English & French)

The persons interested in this position are asked to forward their résumé by **FEBRUARY 13TH, 2002** to:

Dolores Audet-Washipabano, Recruiting agent
Cree Board of Health and Social Services of James Bay
P.O. Box 250
Chisasibi, Quebec J0M 1E0

Phone: (819) 855-2844 or fax: (819) 855-2680

E-mail: daudet@ssss.gouv.qc.ca

Cree Board of Health and
Social Services of James Bay

VACANT POSITION

WEMINDJI
HOME CARE NURSE

DUTIES:

A person who assumes the responsibility of an aggregate of nursing care according to the needs of the beneficiaries entrusted to him/her including community health programs and home care services. To do this, he/she plans, carries out and evaluates nursing care and cooperates in the administration of preventive, diagnostic and therapeutic care. Moreover, he/she takes part in the education of the beneficiary and in research aimed at the promoting health and preventing illness. He/she will work within the framework of Cree Home and Community Care Program as well as other health programs. The set up of working schedule will be determined according to the needs of different clienteles.

SPECIFIC CONDITIONS AND QUALIFICATIONS:

- Member of l'O.I.I.Q. (F.I.I.Q.)
- Bachelor in Nursing Sciences or equivalent or Certificate in Community Health
- 3 years experience in different sectors: obstetrics, paediatrics, medecine, surgery, psychiatry
- Ability to work within a multi-disciplinary team
- Interest in providing home care services
- Bilingual (English & French)

The persons interested in this position are asked to forward their résumé by **FEBRUARY 13TH, 2002** to:

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after a couple of days it seemed to have changed. Now we are going faster.

There's hardly any snow in some places and in other places there's a lot of slush. Sometimes we had to walk on the side of the road because of the branches sticking out of the snow on the trail. A couple of days were hard. The longest walk we did in one day on snowshoes was 25 kilometres. It was hard on us. Especially in the evenings when we stop, then you can feel how tired you are. Our dogs really helped us.

When we slept on the trail at night the temperatures were really cold. When you get up you could feel it.

This journey and these walkers tell what is in their lives and what they are going through. It could be drugs or alcohol and when they speak you can see tears in their eyes. Before we leave we hug and shake hands. When we started there was hardly any talking to each but now we are starting to talk to each and open up. I see there is joy out there with the walkers even though this journey is hard.

It's fun and we are getting to know each from all of the communities. Well, except Wemindji, there's no walkers from there yet.

I can see these young people and they are happy out there in the bush.

Before we walk we pray each morning.

Chisasibi Motel offers accommodations located right in the heart of Chisasibi. As a visitor to our community we want you to feel welcomed and enjoy your stay with us.

- 20 Rooms with one (1) Handicapped
- Cable Colour TV
- Telephones

Chisasibi Motel offers a concept of value, is friendly and has affordable rates of accommodation.

Commercial and recreational facilities, and restaurants are easily accessible.

Chisasibi Motel • PO Box 330 • Chisasibi, QC • J0M 1E0
tel: 819-855-2838 • 819-855-2916 • 819-855-3056
fax: 819-855-2735

Charlie Louttit • Director General • Chisasibi Centre Inc

Some of the walkers have diabetes, the journey has to be hard on them?

Yes, we have four walkers with diabetes. We have been watching them. When we started from Ouje-Bougoumou, one of the guys was shaking, so I know it's hard on them.

For me when I'm not in front I keep an eye on them.

There's one guy that told me that every time we arrive in a community they have to go and have a check-up at the clinic. He said the walk is helping him and he is going to go all the way.

About 30 of the walkers have said they will go all the way.

In March it will get easier because the snow will be harder and we'll be able to walk faster. Probably about 30 kilometers a day.

I would like to thank all the communities that are supporting us in this walk with the feasts and all that. I would like to thank the Elders who have encouraged us in each community.

Cree Board of Health and Social Services of James Bay

JOB OPPORTUNITY

DIABETES PROGRAM MANAGER
(Based in Chisasibi)
Position No. DIA-01-01

The holder of this position reports to the Inland CLSC Director. He/she contributes to the identification of the related health needs of the population and the development of the policies, programs and tools as pertains to the Regional diabetes Advisory Committee. He/she contributes to the organization, coordination, implementation, support and reporting of the Diabetes Program within the mission , objectives and philosophy of the CBHSSJB. Also contributes in a line management role to the overall management of the program activities carried out by the regional staff within line management responsibility. Assists in initiating with community leaders and communities in organizing local diabetes and wellness committees.

Required Education & Experience

- Bachelor Degree in Administration or Health Sector
- 3 years working experience
- Knowledge of the role and regulation of CLSC programs, homecare services
- Knowledge of Cree culture
- Ability to group issues and context that relate to First Nation Health and Social Services
- Methodical, organized, autonomous, flexible;
- Team leader with demonstrated ability to communicate theoretical and practical knowledge
- Ability to determine and prioritize the schedule of multiple tasks
- A command of English is essential while knowledge of French and Cree would be asset

Working Conditions:

Annual salary according to the MSSS standards. The employer provides the housing and shoulders the costs for the moving and storage. The employment conditions include also an isolation premium from $ 6,639.91 to $ 10,621.76 and 3 to 4 sorties depending on the incumbent's status (single or with dependants).

Please forward your resume by **FEBRUARY 13th**, 2002 to:

Dolores Audet-Washipabano, Recruiting Agent
Cree Board of Health and Social Services of James Bay
P.O. Box 250
Chisasibi, Quebec J0M 1E0

E-mail:daudet@ssss.gouv.qc.ca

Cree Board of Health and Social Services of James Bay

NEW POSITIONS

TWO (2) DIABETES EDUCATORS
(1)Mistissini (1) Chisasibi
POSITION NO. DIA-01-06/07

The holder of this position reports to Diabetes Program Coordinator. Participates in the development, revision and evaluation of Diabetes program, educational material. Act as resource person for community members. Does patient and family counselling. Participates in training of health care workers. Assists in diabetes related research program in the region.

REQUIRED EDUCATION & EXPERIENCE

- Bachelor of Sciences in Nutrition , Dietetics or Nursing
- Knowledge of Cree culture and values an asset
- Bilingual (English-French), Cree an asset
- A minimum of 3 years or relevant experience

ADVANTAGES INCLUDE:

- Annual salary depending on your qualifications and experience
- Yearly isolation and remoteness premium between $6,640. to $10,622.
- Three(3) or four(4) annual sorties
- Four(4) weeks vacations, annually
- Thirteen(13) statutory holidays

The CBHSSJB pays the storage cost of your personal effects, moving expenses and provides housing. Send your application and resume before February 13th to:

Dolores Audet-Washipabano, Recruiting agent
Cree Board of Health and Social Services of James Bay
P.O. Box 250
Chisasibi, Quebec J0M 1E0

E-mail:daudet@ssss.gouv.qc.ca

WILD ON THE GRILL

by Will Nicholls

The recipes featured below are from the *Black Currents and Caribou* recipe book put out by Webber's Northern Lodges. They have two other books that I am currently trying out called *Cranberries and Canada Goose* and *Blueberries and Polar Bears*. I recommend these books for anyone who likes healthy, good tasting recipes. They contain a good collection of recipes featuring wild game. Those wishing to order may call 1-306-525-2304. If you are a Mistissini resident they will be available at Meechum's grocery store. Take a look and I guarantee you'll buy the books they are that good.

Spicy Game Chili

A thick, rich and spicy tomato sauce with man-sized chunks of meat. Make it as hot as you like. The flavour is outstanding.

3 lb. round steak (moose, caribou, etc.) 1.5kg
2 tbsp. vegetable oil 30 mL
1 cup water 250 mL
2 medium cooking onions
2 green peppers, ribs and seeds removed
2 red peppers, ribs and seeds removed
2 jalapeno chilies, ribs and seeds removed (optional)
1 tbsp. vegetable oil 15 mL
4 garlic cloves, chopped or crushed
2 tsp. ground cumin 10 mL
1 tsp. cayenne pepper or more to taste 5 mL
2 tsp. salt 10 mL
2 cups beef stock 500 mL
28 oz. crushed or pureed tomatoes 796 mL
2 x 14 oz. cans kidney beans 2 x 398 mL

1. Cut meat into strips. In a large skillet, heat 2 tbsp. (30 mL) oil over medium-high heat. Add meat and saute until strips begin to brown. Add 1 cup (250 mL) water to pan. Set aside.

2. Slice onions thinly, cut peppers in strips and finely chop jalapenos. In a large pot, heat 1 tbsp. (15 mL) oil. Add onions and cook for 3 minutes. Add peppers, jalapenos and garlic; cook another 5 minutes or until softened.

3. Add spices, beef stock, cooked meat and crushed tomatoes. Bring to a boil. Turn down heat and simmer for 1 hour, or until meat is tender.

4. Add kidney beans. Simmer for 15 minutes longer.

Serves 10-12.

NOTE: If you prefer a thinner chili with more juice, double the stock, crushed tomatoes, kidney beans and seasonings.

Poached Lake Trout With Peppery Egg Sauce

1 whole lake trout, 3-4 lbs. (1.5-1.8 kg)
2 cups dry white wine 500 mL
water
1 tsp. salt 5 mL

Peppery Egg Sauce:

2 tbsp. butter OR margarine 30 mL
¼ cup minced onion 60 mL
1 tbsp. flour 15 mL
¼ tsp. salt 1 mL
¼ tsp. hot pepper sauce 1 mL
1 cup milk 250 mL
2 eggs, hard-boiled

1. In a roaster large enough to hold the fish, heat the wine, 2 cups (500 mL) of water and 1 tsp. (5 mL) of salt to boiling. Gently lower the fish into the roaster. It is easier to remove if you lay the fish on a strip of cheesecloth or a wire rack. Leave the head and tail on the fish only if you want them on for presentation. Add enough water to come about halfway up the fish. Cover and bring the stock to a fast simmer. Cook for approximately 10 minutes per inch (2.5 cm) of fish, measured at the thickest part of the back.

2. To prepare the Peppery Egg Sauce, while the fish cooks, melt the butter in a medium-sized saucepan. Add the onions and cook on low until tender. Remove the pan from the heat and add the flour, stirring to make a smooth paste. Add the salt and hot pepper sauce, then add the milk gradually, stirring to keep the sauce smooth. Return the pan to the heat and cook, stirring constantly until the mixture is slightly thickened and smooth.

3. Chop the eggs finely and add to the sauce; keep warm.

4. Remove the fish from the liquid as soon as it flakes easily when tested with a fork at the thickest part. Serve with the warm egg sauce.

Serves 4-6.

NOTE: You can serve the fish either with the skin on or off. At the lodges, we generally peel the skin off with a knife and then just lift serving-sized pieces off the backbone. Pull the backbone out, discard and then lift the remainder of the fish off the bottom skin.

Northwoods Wild Rice Soup

A hearty, meaty soup that is a meal in a bowl.

3/4 cup raw wild rice (3 cups [750 mL] cooked) 175 mL
3 tbsp. butter or margarine 45 mL
1 cup sliced celery 250 mL
1 medium onion, chopped 1
1 cup shredded carrots 250 mL
1/4 cup flour 60 mL
1 1/4 cups chicken stock* 300 mL
4 cups milk or half-and-half** 1 L
1 cup cubed cooked chicken or turkey 250 mL
1/2 cup cubed cooked ham 125 mL
1 tsp. DLS*** 5 mL
1/2 tsp. salt 2 mL

1. Follow the package directions for cooking wild rice.

2. In a Dutch oven, melt the butter. Saute the celery and onions for 5 minutes. Add carrots and saute 5 minutes more, or until vegetables are tender.

3. Stir in the flour and mix until the butter is absorbed. Add chicken stock and stir until mixture is smooth and thickened. Continue stirring while you add the milk.

4. Add the remaining ingredients. Reheat but do not boil. Adjust seasonings and serve.

Serves 8.

** For special occasions we add 1/4 cup (60 mL) of sherry and reduce the chicken stock by 1/4 cup (60 mL).*

*** We usually dilute evaporated canned milk half and half with water and use it as whole milk.*

**** Dymond Lake Seasoning - Substitute 1/2 tsp. (2 mL) pepper and an additional 1/2 tsp. (2 mL) salt.*

Cree Board of Health and Social Services of James Bay

POSITION AVAILABLE
PUBLIC HEALTH DIRECTOR

Under the supervision of the Executive Director of the Cree Board of Health and Social Services of James Bay (CBHSSJB), the Public Health Director is responsible for the organization of public health in Eeyou Istchee (Cree territory of the Eastern James Bay) in Northern Quebec. This position is based in Chisasibi.

Duties of the Public Health Director include :

- Implementation of the Public Health Department inside the CBHSSJB.
- Representation of Cree Public Health interests at the regional, provincial, national and international levels.
- Follow-up of files assigned to the Public Health Team or any other files.
- Direct, supervise and coordinate planning, implementation and evaluation of the following files:
  - Administration
  - Research, surveillance and evaluation
  - Health promotion, Disease prevention, Health protection
  - Training

Pre-requisites :

- Physician specialist in community medicine or general practitioner with a master of public health degree or equivalent.
- License to practice medicine in the province of Quebec.
- Bilingual (English-French), Cree an asset.
- A minimum of 3 years of relevant experience.

Advantages include :

- Hourly rate as a specialist increased of 40% or as public health general practitioner increased of 25% to 30% for hourly bonus related to northern isolation.
- Yearly installation and retention prime of $25,000.
- Yearly bonus of $12,500 (2001-2002). Could possibly be renewed.
- Yearly isolation bonus of $8,000
- Transportation paid for 4 (single) or 3 (with family) holidays and 4 continuing medical education activities per year
- 20 paid continuing medical education days per year
- Housing and utilities
- Other benefits or conditions to be negotiated.

Please send your résumé by no later than February 13th, 2002 to:
Dolores Audet-Washipabano, Recruiting Agent
Human Resource Management CBHSSJB
Chisasibi QC J0M 1E0
Tel 819 855 2844 • Fax 819 855 2680
E-mail: daudet@ssss.gouv.qc.ca

Con't from page 21

Four-Bean Greek Salad

This makes a good amount, so is best serving a crowd. However, it also keeps well in the refrigerator.

19 oz. can navy beans OR other small white beans 540 mL
19 oz. can garbanzo beans (chick-peas) 540 mL
19 oz. can red kidney beans 540 mL
19 oz. can lima beans 540 mL
1 unpeeled English cucumber, chopped
4 green onions, chopped
2 Roma tomatoes, chopped
1/2 cups crumbled feta cheese 375 mL
Herb Dressing:
2 garlic cloves, chopped or crushed
1/4 cup red wine vinegar 60 mL
1/4 cup olive oil 60 mL
2 tbsp. chopped fresh parsley OR 2 tsp. (10 mL) dried 30 mL
1 tbsp. chopped fresh thyme leaves 15 mL
OR 1 tsp. thyme leaves (5 mL) dried
1/8 tsp. freshly ground pepper OR seasoned pepper 0.5 mL

1. Rinse all the beans; add all remaining salad ingredients.

2. Combine dressing ingredients. Toss with salad. Refrigerate until ready to serve.

Serves 12 or more.

Tomato Basil Sauce

Try it with seasoned fettuccini or other flavored pastas, and remember that a little sauce goes a long way.

1 /4 cup olive oil 60 mL
28 oz. can diced tomatoes 796 mL
3 garlic cloves, minced
2 tbsp. tomato paste 30 mL
salt and pepper to taste
2 tbsp. fresh OR dried basil (yes, same amount)30 mL
grated Parmesan cheese

1. In a large pot, heat the olive oil. Remove from the heat and add the diced tomatoes.

2. Return to the heat and add garlic, tomato paste, salt and pepper. Mix well and bring to a boil.

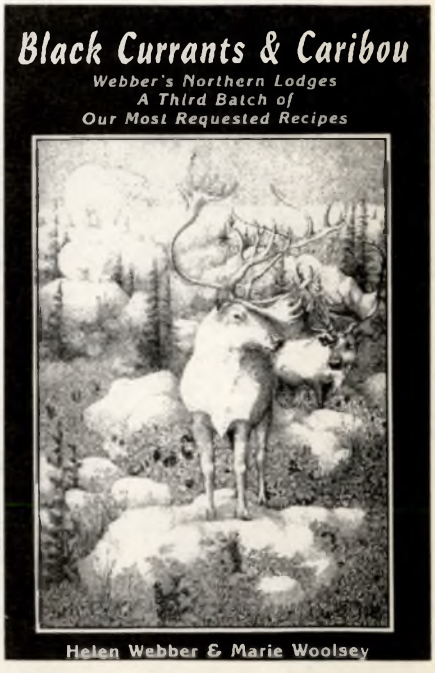
3. Sprinkle the basil over the entire surface, and do not stir or mix!

4. Turn the heat down and cook, uncovered, for at least 35 minutes. The liquid should boil down quite a bit and the basil should remain on top.

5. Just before serving, stir well. Serve over pasta, with grated Parmesan.

Serves 4 but can be easily doubled. Enough sauce for 1 lb. (500 g) of pasta.

VARIATION: To add some peppery pizzazz, add 1/4 tsp. (1 mL) or more hot pepper flakes to the hot oil. Add tomatoes and proceed as above.


Black Currants & Caribou
Webber's Northern Lodges
A Third Batch of
Our Most Requested Recipes
Helen Webber & Marie Woolsey

Reviewed By Will Nicholls
reading for you

Our Voices: Native Stories of Alaska and the Yukon
Edited by James K. Ruppert and John W. Bernet
2001 University of Toronto Press

This book is great. A collection of stories and legends that'll captivate you. The way they are written is the way that they were told and that is part of the magic of this book. Legends and stories like them are usually told only during the winter and this seems to be the case out in Alaska and the Yukon as most stories end with a charming catchphrase design to let you know they are finished. They end with "I thought the winter had just begun and now I've chewed off part of it."

As with most legends you get some information. One of the stories explains why beaver fat doesn't float to the top like bear fat. Another tells what happens to men who are cruel to women. It isn't good, at least for the men... so beware.

Some of the stories are personal reflections on things they have done in everyday life.

All in all an enjoyable read for all ages. You could even take it and give the kids a traditional bedtime story using this book as an alternative to the *Little Red Riding Hood* genre.

Depression-Free for Life
Gabriel Couens, M.D., with Mark Mayell
2000 Harper-Collins

One nice thing about this book is the recognition that depressions in different people are different. It says that "every depressed person is depressed in his or her own way." This means that any treatment has to take into account that a successful approach has to be customized for each individual.

In reading this book you'll find that using just the conventional methods of dealing with depression (i.e., Prozac) isn't the end-all. There are natural ways to help deal with depression. It looks at vitamins, mineral supplements, a healthy and varied diet, lifestyle and such to help deal with depression in a holistic way.

One of the findings of the author was that when a depressed person received a massage once a day the depression seemed to melt away. It was just a shoulder and neck massage. Something simple and non-professional. I haven't had much luck convincing my co-workers that I am depressed and need the daily massage but my depression melted away just trying the idea out on them. A massage can be a way to reach out and touch someone. It shows you acknowledge them and value them. Be sure to get permission first!

This book is good if you are depressed or know someone who is. It doesn't replace the doctor but is a beneficial addition.

Top 15 Fiction Bestsellers

1. JOURNEY THROUGH HEARTSONGS, written and illustrated by Mattie J. T. Stepanek. (VSP Books, $14.95.) A collection of poems by an 11-year-old boy.

2. UNDER FIRE, by W. E. B. Griffin. (Putnam, $26.95.) United States marines encounter new battlefields when the Korean War begins; the ninth volume of the series "The Corps."

3. THE MILLIONAIRES, by Brad Meltzer. (Warner, $25.95.) Things go awry when two brothers who work at an exclusive bank try to pull off a foolproof crime.

4. ONE DOOR AWAY FROM HEAVEN, by Dean Koontz. (Bantam, $26.95.) A woman tries to protect a nine-year-old girl from her stepfather, who is convinced that her destiny will involve U.F.O.'s and aliens.

5. BASKET CASE, by Carl Hiaasen. (Knopf, $25.95.) An obituary writer in South Florida examines the strange circumstances surrounding the death of a rock star.

6. THE CAT WHO WENT UP THE CREEK, by Lilian Jackson Braun. (Putnam, $23.95.) While on vacation, Jim Qwilleran and his two cats investigate a murder.

7. THE CORRECTIONS, by Jonathan Franzen. (Farrar, Straus & Giroux, $26.) A multigenerational saga in which a mother tries to bring her dysfunctional family together for a final Christmas at home.

8. SKIPPING CHRISTMAS, by John Grisham. (Doubleday, $19.95.) A husband and wife discover that their decision to forgo Christmas comes with consequences.

9. SMOKE IN MIRRORS, by Jayne Ann Krentz. (Putnam, $23.95.) After a con artist and a seductress dies, her last scam comes back to haunt a dear friend.

10. THE DIARY OF ELLEN RIMBAUER, edited by Joyce Reardon. (Hyperion, $22.95.) The fictional journal of the wife of a Seattle industrialist; a companion volume to the mini-series "Stephen King's Rose Red."

11. THE OATH, by John Lescroart. (Dutton, $25.95.) When the head of San Francisco's largest H.M.O. is killed in his own hospital, his physician becomes the chief suspect.

12. VIOLETS ARE BLUE, by James Patterson. (Little, Brown, $27.95.) Detective Alex Cross investigates a series of bizarre murders that appear to be the work of a vampire.

13. THURSDAY'S CHILD, by Sandra Brown. (Bantam, $19.95.) Pretending to be her bubbly identical-twin sister, a scientist goes on a date and winds up falling in love.

14. A BEND IN THE ROAD, by Nicholas Sparks. (Warner, $23.95.) A widower and his son's second-grade teacher discover that they are linked by a shocking secret.

15. JACKDAWS, by Ken Follett. (Dutton, $26.95.) Shortly before D-Day, a British operative in France finds herself leading an all-woman team of saboteurs.

Cree Board of Health and Social Services of James Bay

POSITION AVAILABLE

HEALTH PROMOTION OFFICER – CREE TRADITIONAL PRACTICES-WELLNESS PUBLIC HEALTH DEPARTMENT (based in CHISASIBI)

Reporting to the Promotion and Prevention Coordinator and member of the Promotion-Prevention Unit of the Public Health Department, the Health Promotion Officer is responsible for planning and implementing activities aimed to preserve Cree traditional health practices and promote wellness in Eeyou Istchee.

Duties of the Health Promotion Officer

- Learns about effective strategies to promote wellness in the communities.
- To implement the recommendations issued by WHO(World Health Organization) emphasizing the importance of maintaining traditional medicine and culture among native people as a key to their health.
- In collaboration with the appropriate partners, plans local and regional activities related to wellness and traditional medicine for the Public Health department, implements these activities and provides report to the Promotion and Prevention Coordinator.
- Ensures the production of material is culturally adapted to the Cree people.
- Works in collaboration with the Public Health Department members, the CBHSSJB, the Cree Nations and other entities.

Qualifications

- Pertinent post-secondary education (communications, education, nursing, anthropology, social work or public health).
- Experience (skills) in health promotion or community-based activities: health education, media, social work, social marketing, and community development.
- Knowledge of Cree language and culture.
- Strong organizational and inter-personal skills, and excellent communications skills.
- Bilingual: Cree and English, French an asset.
- Availability to travel to the communities as needed.

The persons interested are asked to forward their résumé before **FEBRUARY 13TH, 2002** to:

Dolores Audet-Washipabano, Recruiting agent
Cree Board of Health and Social Services of James Bay
P.O. Box 250 Chisasibi, Quebec J0M 1E0

Phone: (819) 855-2844 or fax: (819) 855-2680
E-mail: daudet@ssss.gouv.qc.ca

Cree Board of Health and Social Services of James Bay

POSITION AVAILABLE

NURSE RESPONSIBLE FOR INFECTIOUS DISEASE PROGRAM PUBLIC HEALTH DEPARTMENT, CBHSSJB (based in Chisasibi)

DUTIES

Reporting to the Director of Public Health, the infectious disease nurse is responsible for co- ordinating activities for the monitoring and control of infectious diseases on the Cree territory, in collaboration with a physician in public health. Elaborates training sessions related to provincial protocols on infestious diseases. Responds to declarations of notifiable diseases. Supervises vaccination programs and campaigns.

SPECIFIC CONDITIONS AND QUALIFICATIONS:

- Member of l'O.I.I.Q. (F.I.I.Q.)
- Bachelor degree in nursing
- Experience in community health programs
- Willingness to travel to various communities
- Knowledge of English and French
- Interest in sharing knowledge and training other workers
- Experience with First Nation or with cross-cultural work is an asset

If interested, please send your application and resume before **FEBRUARY 13TH, 2002** to:

Dolores Audet-Washipabano, Recruiting Agent
Cree Board of Health and Social Services of James Bay
P.O. Box 250
Chisasibi, Quebec
J0M 1E0

Fax: (819) 855-2680
E-mail: daudet@ssss.gouv.qc.ca

Let's Take Our Time

Xavier Kataquapit

There have been some major developments taking place over the last several years with First Nation politics at Nishnawbe-Aski Nation (NAN). NAN is a regional political body that represents First Nation people in Northern Ontario. For some time now NAN has been involved in a Self Governance negotiation process with the federal government. This process is happening with First Nations across Canada. I learned a lot about this initiative from those who are currently part of this process. People like Barney Batise, Community Research Coordinator for Wabun Tribal Council has provided me with a lot of insight on what is taking place between NAN and the federal government.

Recently he organized and coordinated an event in Timmins to inform First Nation people about this process. I did not have a full understanding of this development until I attended the NAN Self Governance public consultation meeting at the Timmins Native Friendship Centre. There have been several consultation meetings taking place in many First Nation communities in the NAN area but this was the first to happen in an urban community where there are many Native people. It was a very informative event that featured presentations by the people who are directly involved in the NAN Self Governance process. I was impressed with the dedication and the caring attitude that the members of the negotiating team conveyed. We can be thankful that we are well represented by our chief negotiator, Dr. Emilie Faries. We can also feel comfortable that the government's chief negotiator is a kind and sensitive man by the name of Stephen Smart. With people like Stan Beardy, the Grand Chief of NAN, to keep an eye on the process we know our rights will be protected.

One of the issues discussed and explained at the Timmins event was the fact that this process has nothing to do with the ongoing Governance Act that is being pursued by Indian and Northern Affairs Canada. The NAN Self Governance process is fully supported by the leaders and the Chiefs of NAN whereas the Governance Act has been rejected and not supported by many First Nation organizations, including NAN.

It was in 1997 that the Chiefs of NAN agreed to begin a Governance Sectoral Negotiation process with the federal government. This meant that the leadership of NAN could begin to discuss with the federal government different aspects of self governance. NAN has started the sectoral negotiation process by concentrating on the areas of governance and education jurisdiction. This is an important first step in the negotiation process in that the Chiefs and the leadership of NAN believe that these two areas will affect future developments in the self governance process. The goal of this whole process is to negotiate a new form of governance and control that will be operated by First Nations.

This is a major stepping stone for First Nation leadership in the NAN area. It will greatly impact my people and will provide more control and the opportunity to govern our own initiatives. The process is also not being hurried by the NAN leadership. It will take several years before it will be fully realized and implemented. Currently it is in a preparatory stage that will inform and consult with the First Nation people of NAN to gather their input and feedback on the process. This is necessary in order to move to the framework agreement stage, then to the agreement in principal and lastly to a final agreement

Before any agreement is set in motion and acted upon, the final agreement will be presented to the First Nation communities of NAN who will then vote on whether they want their community to become part of the agreement or not. This is an important part of the process that allows the people to decide on what they want.

This is a major development for my people that will give us the choice to create, develop and maintain our own initiatives for the benefit of our people. It is good to know that our leaders understand the importance of getting people's input into a process that will directly affect their lives. My only concern is that we may move too quickly with this process. It has taken us more than a hundred years to end up with the current system and we should know that it may take us a long time to make sure we are making changes we can live with. Patience is needed by everyone directing this process.

CLASSIFIEDS

100 - Births

Congratulations to my friend & cousin Mary Jane and Paul on the birth of your new bundle of joy Amelia Jay born on January 10th 2002. Wish I was still in Val D'Or when you had your baby (to coach you – just kidding) lol. The first thing I remember when I had my first baby: I fell in love with her. I'm sure you guys felt the same way. You'll fall in love with her and love her. You'll cherish your moments with her. Remember that God gave you a special precious little girl to raise & to love. She brought a lot of happiness & love in your hearts & at home. Take care of each other, especially your new bundle of joy. May God bless you. Love in friendship, Cheryl H.

I would like to Congratulate my friend Kristen Moar & George Salt on the birth of their baby boy Jamal. Born on December 16 /2001...is that right? Hey Kristen! Here it is...LOL!! You know what i'm talking about... Take care of the little one. Fr: April

101 - Birthdays

Birthday Greetings going out to Auntie Marlene Pash in Nemaska, her birthday is in February. Thank-you, Auntie for all the humour you shared with us...and most of all for the Love that you have given us...you mean so much to us...as your nieces. Happy irthday!!! We love you and of course our lil' cousin too (Carmeron). Good to have you live in our cluster now. Congratulations on your new house...may God Bless your home with so much happiness, warmth and love. From; Nieces Valeriesh, Shecia,Tyra-Lynnsh Brother Joseph and Brenda-Rose W.Jolly (Once again Happy Birthday!) XOXOX

Happy Birthday to Ruby (February 24th). From Raquel, Edward, Yvon, Michel, George, Eugene, Patrick

Happy Birthday to Cheryl on Feb 6th 2002. My sister, my friend, that's how I always think of you because you are one of the dearest friends I could have in this world. Someone I'll always be so grateful for. Wishing you a wonderful Birthday. With love from, your sister in Eastmain

We would like to wish a Happy Birthday to Shawn T. on Feb 5th 2002. Roxanne on Feb 7th 2002. Happy Birthday and many more to come. From all of us at 48 Nick Street, Eastmain

I remember early morning when I felt my first contraction at 7:30am I knew it was time to gave birth to a baby (an hour later). On January 30th 2000 at 8:20am God gave us a precious little boy to raise and to love. Daddy & I would like to wish a Happy 2nd Birthday to our adorable son Leon. We remember the very first time we saw you & held you in our arms, that you were a gift from God. We knew then that we will always love you & protect you. We were so happy when Dr. Balloux told us we had a baby boy. We had tears of joy. Even gou-gou mabel went crazy working at Jacob's cause she was so happy when we told her she had a 1st grandson. And on this day we wish happiness that you deserve. have fun on your special day and don't eat too much cake and make sure you brush your teeth after you eat. Happy Birthday son & we love you. Mom and Dad

Happy Bithday Gookum Lily on January 24, 2002. I hope that you had a very nice day. Call me and sing me a song...I'll dance to it. I miss you very much. Luv with lots of Hugs & Kisses Paulette in Mtl

I would like to wish a Happy Belated 7th Birthday to Kaitlynn Hester on January 4th. Kaitlynn, I love you with all of my heart. I think of you as my own daughter and I accept you of who you are. You are such a beautiful girl and you deserve to be happy. I first knew you when you were 2 yrs old. I was there when you first talked, I was there when you first fed yourself and I was there when you first put a missing piece on your puzzle. Kate, I was always there for mom when she had tough times of raising you on her own. I did my best in everything I had. But I made a promise to you both that I will always be here whatever it takes. Mom did a great job of raising you. Happiness and your dreams coming true. Happy Birthday. Love from your step dad

I would like to say happy belated birthday to my neice Tia Matoush on January 19, 2002 from wemindji, to my neice Danna Mathias & Zachary Mathias on january 20,2002 from waswanipi hope you guy's had a great time on your brithdays,wish you all the best and many more to come once again " HAPPY BIRTHDAY". xoxoxoxo love u. From: your aunt smatoush & Eshashaweskum (Wemindji)

We would like to say happy 23rd birthday to these two people on January 27,2002 Elijah Shashaweskum from wemindji and my sister Emily Matoush from mistissini i hope you 2 will have fun on your birthday and we wish you all the best and many more to come, Once again "HAPPY 23rd BIRTHDAY" we i love you both very much...oh we almost forgot don't party to much guy's...jk.you guy's are geting old nah soon you will be joomshoom & googoom...lol. xoxoxoxoxo we love u.s.m. atoush, Gshashaweskum, Nshashaweskum, Cshashaweskum, Eshashaweskum, Ashashaweskum, Jshashaweskum, Dshashaweskum

To our cutest and sweetest friend, we would like to wish him a "happy 17th birthday"! on feb. 13, Charlie-John Calvin, happy birthday and many more to come! Love: charlie's angels, S.A.I, S.C.W & V.V.R

Happy belated birthday to Mariah Diamond on January (Waswanipi). Boy! I've missed you a lot ever since you left Nemaska. Make sure your being a good girl and helping momny out. Take care of yourself and hope you had a great day on your birthday, Hope to see you soon. Love You alots! From: Cynthia in North-Bay. Miss you!

300 - Personals

I would like to say Happy Valentine's Day to my mom Annie Gunner, my dad John Saganash, my brothers Roland, Darryl and John Saganash, my sister Virginia Saganash. I love you all. Take care of yourself. Once again Happy Valentine's Day from Patricia Saganash. Luv ya XOXOXO

To my dearest angel, I wish I could say just how much you've blessed my life. But There's no words that can express the way I feel inside. You've given me complete joy and happiness always. You've brought so much light to my very nights and days. That moment you walked into my life, You brought a peace I can't describe. You've given me refuge, A place to rest. You've been my source of strenght, My fortress. You've given me shelter from the rain. You've found a way to ease my pain. You've been So precious and so wonderful. Now, I know that you are my guardian angel, Sent from up above. For You've always brought so much Comfort and Love. You've made my life shine as bright as the sun. For no one else before as touched this heart of mine. As blessed my life, like the way you have done. I wish I could say just how much you've blessed my life. But, There's no words that can express the way I feel inside. You've given me complete joy and happiness always. You've brought so much light to my very nights and days, With my love always, TP. A big hello to my Auntie L.J. who is in Oujebougoumou. We miss you so much and we love you! Take care. Love, your nephew'sh all the way from Waskaganish (Marcus).

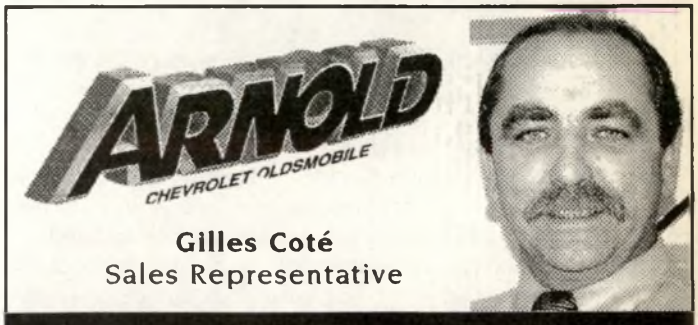
To Tracy Iserhoff. Hi, how's life treating you lately, hope your doing fine. I just can't get you out of my mind, each time when I see the look you give me, with those eyes of yours. When you talk to me, my heart pumps or it skips sometimes. I just wonder many times where are you? I've dreamed about you also. From a secret admirer Happy Valentine's Day.

To my boyfriend Ryan Cheezo (Nem). Happy Valentine's Day. I miss you so much Ryan. I will always love you with all my heart and every beat of my heart. From: you know who. PS: Take care of yourself. Luv ya Miss ya XOXOXO See ya soon!

Happy Valentines to our Parents; Brenda-Rose & Joseph, our Grand Parents; Matthew & Emma Wapachee, Kenny & Madeleine Jolly, our cousins (Jacie, Tennyra, Cameron, Felix), our aunties (Marlene, Celina, Prsicilla, Laura, Josephine & Angela), our uncles (John-Paul, Stanley, Thomas, Jamie) and our friends and teachers at the Day Care and School. And last but not least our great grand mothers; Sarah Wapachee, Kitty Jolly and Sophie Coonishish. We want to wish you all a Happy Valentines Day and don't forget that we love each and everyone of yous very much and may the Lord richly bless you all wherever you are and whatever you will do this year. With lotsa Luv; Valeriesh, Patricia & Tyra-Lynnsh. XOXOX

I would like to say these words to a wonderful and handsome guy, he lives in Eastmain. He's a hockey player from Cree Nation Bears. His name is Timmy Herodier. First day the Bears and you came to Mistissini I didn't noticed you but when I dreamed about you I fell in love with you. And now I realized how wonderful, smart, funny, totally amazing, and so fun to be with. Timmy Herodier you are so perfect in every way that you are. I just wanted to say Happy New Year. I love you, not the outside, it's the inside that counts. I miss you so much. And I'm wondering when are you coming back here to Mistissini. You're such a wonderful person inside. Love from a secret admirer. A girl from Mistissini.

To my good friend, Emma Mattawashish from Mistissini. Have a blessed New Year 2002, hope you got what you wanted for Christmas!! Hope the new year gives you happiness, peace, joy and most of all, love... I didn't forget, Happy Birthday on January 15th. Don't get discouraged, age is just a number. Remember that wrinkles are only laugh lines ...keep smiling! Last but not least, congratulations on your recent graduation at Canadore College. Always knew you could do it! (Exciting!) How's the charming you know who?? Give him a chance even though it may be a risk, but that's part of life ... Take good care, my friend, I will always love you ...



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